



GRADES K-8 BREAKFAST MENU MARCH/APRIL 2020

Breakfast

MONDAY	TUESDAY	Lean & Green Wed	THURSDAY	FRIDAY
3/30 Choose One Egg & Cheese Calzone (42g) Assorted Bagel (29-35g)/Cream Cheese (2g)	3/31 Choose One French Toast Sticks (57g) Assorted Bagel (29-35g)/Cream Cheese (2g)	4/1 Choose One Apple (36g) or Cherry (37g) Frudel Cinnamon Toast Crunch Cheese Filled Bar (40g)	4/2 Choose One Turkey Ham/Egg/Cheese Croissant (30g) Assorted Bagel (29-35g)/Cream Cheese (2g)	4/3 Choose One Turkey Sausage, Egg, & Cheese Pancake Sandwich (33g) Assorted Bagel (29-35g)/Cream Cheese (2g)
4/6 Choose One Cinnabar (45g) Assorted Bagel (29-35g)/Cream Cheese (2g)	4/7 Choose One Yogurt Parfait (63-78g) Assorted Bagel (29-35g)/Cream Cheese (2g)	4/8 Choose One Egg & Cheese Croissant (29g) Cinnamon Toast Crunch Cheese Filled Bar (40g)	4/9 Choose One Turkey Sausage & Cheese on Biscuit (29g) Assorted Bagel (29-35g)/Cream Cheese (2g)	4/10 Choose One NO SCHOOL
4/13 Choose One NO SCHOOL	4/14 Choose One NO SCHOOL	4/15 Choose One NO SCHOOL	4/16 Choose One NO SCHOOL	4/17 Choose One NO SCHOOL
4/20 Choose One Egg & Cheese Calzone (42g) Assorted Bagel (29-35g)/Cream Cheese (2g)	4/21 Choose One French Toast Sticks (57g) Assorted Bagel (29-35g)/Cream Cheese (2g)	4/22 Choose One Apple (36g) or Cherry (37g) Frudel Cinnamon Toast Crunch Cheese Filled Bar (40g)	4/23 Choose One Turkey Ham/Egg/Cheese Croissant (30g) Assorted Bagel (29-35g)/Cream Cheese (2g)	4/24 Choose One Turkey Sausage, Egg, & Cheese Pancake Sandwich (33g) Assorted Bagel (29-35g)/Cream Cheese (2g)
NO NUT OR PORK PRODUCTS OFFERED. NUTRIENT AND INGREDIENT CONTENT AVAILABLE UPON REQUEST.	This institution is an equal opportunity provider, employer, and lender. Menu is subject to change. Rev 3/4/2020	A variety of fresh fruits; students may have as many fresh fruits that they would like to eat. A choice of 1% low fat white milk (13g), skim chocolate milk (22g), orange juice (14g), and apple juice (14g), are offered daily with breakfast. CHOOSE ONE MAIN ENTRÉE OR CHOOSE TWO OF THE FOLLOWING AT BREAKFAST: Assorted Cereals (20-28g) Cinnamon Roll (20g) Hard Boiled Egg (1g) Honey Roasted Sunflower Seeds (11g)		

SPRING BREAK APRIL 10-17